Reunion for Families

Reunion Objectives

- Establish realistic expectations about reunion.
- Recognize symptoms of stress.
- Identify helpful and reliable sources of assistance.

Reunion Expectations

- Expectations and fantasies are important.
- These are a part of every reunion.
- They keep us entertained and interested.
- They should not be taken seriously.

Making Your Reunion Work

- What did you learn from the video?
- What coping and communication skills were used?
- What did you see in the video regarding expectations of reunion?
- Are your expectations realistic or not?

Communication during Deployment

What have you been communicating?

- Kids are OK?
- I went to work today?

or

- Your expectations of reunion?
- What does your loved one expect of you?

Intimate Relationships

- Intimacy and sexual relationship may be a major adjustment.
- Re-establish this relationship slowly and naturally.
- Talk about how you feel.
- Ask how your partner feels about intimacy and sexual relationships.
- Refer to Homecoming and Reunion Handouts 10 - 17.

Expectations of Change

- Crisis or Threat
- Avoidance
- Denial
- Blaming others
- Fear

- Hidden Opportunity
- Acknowledgement
- Action
- Personal Responsibility
- Face it – it's constant

In Closing . . .

- Reunion may be a challenge.
- Begin immediately to communicate your expectations.
- Encourage your soldier to do the same.
- Have a great reunion!